

*You are invited to the MWI Workshop*

# SETTING BOUNDARIES

**WITH FOOD AND FAMILY**

How do we set healthy boundaries when it comes to food — and with the people closest to us? Join us for a supportive workshop focused on defining new boundaries in family relationships and in relation to food.

We'll hear from two speakers who will share their personal experiences and insights, followed by an open Q&A session where you can ask questions and connect with others.

**WHEN:** Sunday, May 4, 2025, 1:30 PM EST

**ZOOM:** <https://zoom.us/j/7056582426>

Contact us for the password at:

[info@metrowestoa.org](mailto:info@metrowestoa.org) or visit [metrowestoa.org](https://metrowestoa.org) chat button

**All are welcome. Hope to see you there!**

